












| Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|--|---|--|---|
|  <p>National Eye Health Care Month</p> | <p>****All Potluck luncheons and Guest Speakers require advanced registration at the front desk or call (703)273-6090</p> | <p>1</p> <p>CLOSED FOR NEW YEAR'S DAY</p>  | <p>2</p> <p>8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p>  | <p>3</p> <p>8am: Men's Coffee Group 9:15/10:15am: Tai Chi- Adv/Beg 10am: Grand Slam Bridge Group 10:30am: BINGO 11am: Computers 101 12:30pm: January Birthdays! 2pm: Trip Committee Meeting</p> | <p>4</p> |
| <p>6</p> <p>8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am/10:30am: Line Dancing 10am: Mah Jongg/ Chess 11am: Feldenkrais Class 11:30am: Author Sharon Clark Chang Noon: NOVA Neighbors Bridge 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 7pm-10pm: Clock Repair Class</p> | <p>7</p> <p>8am: Men's Coffee Group 8:30am: Seniorscise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Hospitality Committee Meeting 1pm: Current Events 1pm-3pm: Pickleball 3:05pm: Pickleball Lessons</p> | <p>8</p> <p>8am: Men's Coffee Group 8:30am: Seniorscise 10am: Pinochle Trip: 10am National Museum of Crime and Punishment 10am: S.M.I.L.E. movement 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation 7pm-10 pm: Clock Repair Class</p> | <p>9</p> <p>8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee 1pm-3pm: Pickleball 1pm – 4 pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p> | <p>10</p> <p>8am: Men's Coffee Group 8:30am: Seniorscise 9:15/10:15am: Tai Chi- Adv/Beg 10am - Grand Slam Bridge Group 10:30am: BUNCO 11am: Computers 101 Noon: Brown Bag Day /Games</p> | <p>11</p>  |
| <p>13</p> <p>8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am/10:30am: Line Dance 10am: Mah Jongg/ Chess 10:30am: DAY AT THE RACES 11am: Feldenkrais Class 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 7pm-10 pm: Clock Repair Class</p> | <p>14</p> <p>8am: Men's Coffee Group  8:30am: Seniorscise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2:15pm: Health Questionnaire (3:05pm: NO Pickleball lesson)</p> | <p>15</p> <p>National Hat Day 8am: Men's Coffee Group 8:30am: Seniorscise 10am: Pinochle TRIP: 10am Gypsy /Riverside 10am: S.M.I.L.E. movement 1pm: MOVIE & POPCORN 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation 7pm-10pm: Clock Repair Class</p> | <p>16</p> <p>8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:15am: Fairfax Antique Arts Assn 10:30am: German Conversation 11:30am: Easy Strength Training 11:30/11:45am: LUNCH BUNCH 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p> | <p>17</p> <p>8am: Men's Coffee Group 8:30am: Seniorscise 9:15/10:15am: Tai Chi- Adv/Beg 10am - Grand Slam Bridge Group 10am: Transportation Program by Shepherd's Center 10:30am: BINGO 11am: Computers 101 12:30pm Table Games</p> | <p>18</p> |
| <p>20</p> <p>CLOSED for MARTIN LUTHER KING, JR. DAY</p>  | <p>21</p> <p>8am: Men's Coffee Group  8:30am: Seniorscise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 3:05pm: Pickleball lessons</p> | <p>22</p> <p>8am: Men's Coffee Group 8:30am: Seniorscise 10am: Pinochle 10am: S.M.I.L.E. movement 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation 7pm-10 pm: Clock Repair Class</p> | <p>23</p> <p>8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit TRIP 11:15am Chocolate Tour of DC</p> | <p>24</p> <p>8am: Men's Coffee Group 8:30am: Seniorscise 9:15/10:15am: Tai Chi- Adv/Beg 10am: Grand Slam Bridge Group 10:30am: Cut Coupons for Military Noon: Brown Bag Day /Games</p> | <p>25</p>  |
| <p>27</p> <p>8am: Men's Coffee Group 9:30 am: Contract/Duplicate Bridge 9:30am/10:30am: Line Dance 10:30am: DAY AT THE RACES 10am: Mah Jongg/ Chess 10am: AARP tax help- Speaker 11am: Feldenkrais Class 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 7pm-10pm: Clock Repair Class</p> | <p>28</p> <p>8am: Men's Coffee Group 8:30am: Seniorscise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2pm: Senior Council Meeting 3:05pm: Pickleball lessons</p> | <p>29</p> <p>8am: Men's Coffee Group 8:30am: Seniorscise 10am: Pinochle TRIP: 11am National Portrait Gallery 10am: S.M.I.L.E. movement 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation 7pm-10 pm: Clock Repair Class</p> | <p>30</p> <p>8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10am: Fabric Fanatics Sewing 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p> | <p>31</p> <p>Chinese New Year 8am: Men's Coffee Group 8:30am: Seniorscise 9:15/10:15am: Tai Chi- Adv/Beg 10am - Grand Slam Bridge Group 10:30am: BUNCO 11am: Senior Talent Show & Soup Luncheon - NEW 12:30pm Table Games</p> | <p>Check out our website www.fairfaxva.gov Calendar subject to change--updates will be posted on website and at senior center.</p> |

| Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|---|---|--|
| <p>****All Potluck luncheons and Guest Speakers require advanced registration at the front desk or call (703)273-6090</p> | | | | | <p>1 Fairfax Chocolate Festival - Sat & Sun</p> |
| <p>3 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am/10:30am: Line Dance 10am: Mah Jongg/ Chess 11am: Feldenkrais Class Noon - NOVA Neighbors Bridge 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 7pm-10pm: Clock Repair Class</p> | <p>4 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 1pm: Hospitality Committee Mtg. 3:05pm: Pickleball lessons</p> | <p>5 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Begin. Bridge Day- FREE! 10am: Pinochle 10am: Tap Dance Classes – FREE! 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation 7pm-10pm: Clock Repair Class</p> | <p>6 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 1-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit</p> | <p>7 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10:30am: BINGO 11:30am: Exercise Equipment Noon: Brown Bag Day/Games 12:30pm: Feb. Birthdays! 2pm: Trip Committee Meeting</p> | <p>8 Trip: Feb 9th – Shear Madness!</p> |
| <p>10 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am/10:30am: Line Dance 10am: Mah Jongg/ Chess 10:30am: DAY AT THE RACES 11am: Feldenkrais Class 4pm-5:30pm: Art for Seniors 7pm-10pm: Clock Repair Class</p> | <p>11 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball</p> | <p>12 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle Trip: 10am National Building Museum/Lunch in China Town 10am: Tap Dance 1pm-3pm: Pickleball 7pm-10 pm: Clock Repair Class</p> | <p>13 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 3pm- Senior Basketball</p> | <p>14 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10:30am: BUNCO 11:30am: Valentine Potluck</p>  | <p>15</p>  |
| <p>17 CLOSED for Presidents' Day</p>  | <p>18 8am: Men's Coffee Group 8:30am: Mar-Apr Trip Registration 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10 am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball</p> | <p>19 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle Trip: 9am Potomac Mills 10am: Tap Dance 1pm: MOVIE & POPCORN 1pm-3pm: Pickleball 7pm-10pm: Clock Repair Class</p> | <p>20 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:15am: Fairfax Antique Arts Assn 10:30am: German Conversation 11:30am: Easy Strength Training 11:30/11:45am: LUNCH BUNCH 1pm-3pm: Pickleball 1pm-4pm: Millennium Art Guild 2:15pm: Sit & Get Fit 3pm- Senior Basketball</p> | <p>21 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10:30am: BINGO Noon: Brown Bag Day /Games</p> | <p>22</p> |
| <p>24 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am/10:30am: Line Dance 9:30 am FREE Bridge Class – 6wk 10am: Mah Jongg/ Chess 10:30am: DAY AT THE RACES 11am: Feldenkrais Class 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 7pm-10 pm: Clock Repair Class</p> | <p>25 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2pm: Senior Council Meeting</p> | <p>26 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle Trip: 9:45am Tudor House Georgetown 10am: Tap Dance 1pm-3pm: Pickleball 7pm-10 pm: Clock Repair Class</p> | <p>27 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10am: Fabric Fanatics Sewing 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm – 4 pm: Millennium Art Guild 2:15pm: Sit & Get Fit 3pm- Senior Basketball</p> | <p>28 8am: Men's Coffee Group 8:30am: Seniorcise 10:30am: Cut Coupons for Military 10:30am: BUNCO Noon: Stone Soup Luncheon</p> | <p>Check out our website www.fairfaxva.gov Calendar subject to change updates posted on website and at senior center.</p> |

| Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|---|--|--|
| March is National Nutrition  | | | | | 1 9am – 1pm: FLEA MARKET Green Acres Center |
| 3 8am: Men's Coffee Group 9:30 am: Contract/Duplicate Bridge 9:30am: FREE Bridge Class 10am: Mah Jongg/ Chess 10:30am: Line Dance 11am: Feldenkrais Class Noon NOVA Neighbors Bridge 2:15pm: Chair Yoga 7pm-10pm: Clock Repair Class | 4 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta / Military History 10:30am: NATIONAL ZOO TRIP 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 1pm: Hospitality Committee Mtg. | 5 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: Tap Dance 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation 7pm-10 pm: Clock Repair Class | 6 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 1-3pm: Pickleball 1pm: Exercise Equipment Use 1pm- 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit | 7 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 9:30am: Beg. Photography - Free 10:30am: BINGO 12:30pm: March Birthdays! 1pm: Table Games 1pm Walk the Neighborhood 2pm: Trip Committee Meeting | 8 Daylight Savings: Sunday, March 9th "SPRING FORWARD" - Set your clocks ahead 1 hour!  |
| 10 8am: Men's Coffee Group 9:30 am: Contract/Duplicate Bridge 9:30am: FREE Bridge Class 10am: Mah Jongg/ Chess 10:30am: DAY AT THE RACES 10:30am: Line Dance 11am: Feldenkrais Class 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 7pm-10 pm: Clock Repair Class | 11 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2:15pm: Cooking for 1 or 2 | 12 8am: Men's Coffee Group 8:30am: Seniorcise 9:05am: Toby's- SPAMALOT Trip 10am: Pinochle / Tap Dance 10am: S.M.I.L.E. movement 1pm: MOVIE & POPCORN 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation 7pm-10 pm: Clock Repair Class | 13 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11am: National Potato Chip Day bring your favorite bag to share  11:30am: Easy Strength Training 12:30pm: Marketing Committee 1pm-3pm: Pickleball 1pm – 4 pm: Millennium Art Guild 2:15pm: Sit & Get Fit | 14 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 9:30am: Beg. Photography 10:30am: BUNCO Noon: Strategic Plan Update from Director of Parks and Recreation – Desserts Served! Noon: Brown Bag Day /Games 1pm: Walk the 'Hood | 15 |
| 17 8 am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am: FREE Bridge Class 10am: Mah Jongg/ Chess 10:30am: Line Dance 11:30am: St Patrick's Day Potluck Noon NOVA Neighbors Bridge 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 7pm-10 pm: Clock Repair Class | 18 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball | 19 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: Tap Dance 10am: S.M.I.L.E. movement 11am: TRIP TO DEA MUSEUM 1-3pm: Pickleball 2:15pm: Come Sit Meditation 7pm-10 pm: Clock Repair Class | 20 1st Day of Spring 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:15am: Fairfax Antique Arts Assn. 10:30am: German Conversation 11:30am: Easy Strength Training 11:30/11:45am: LUNCH BUNCH 1pm-3pm: Pickleball 1pm – 4 pm: Millennium Art Guild 2:15pm: Sit & Get Fit | 21 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10:30am: BINGO Noon: Brown Bag Day /Games 1pm: Walk the 'Hood | 22 Young at Heart Appraisal Show 10am-12:30pm Sherwood Center, 3740 Old Lee Highway  |
| 24 8am: Men's Coffee Group 9:30am: Contract/Duplicate Bridge 9:30am: FREE Bridge Classes 9:30am/10:30am: Line Dance 10am: Mah Jongg/ Chess 10:30am: DAY AT THE RACES 11am: Feldenkrais Class 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 7pm-10pm: Clock Repair Class | 25 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2pm: Senior Council Meeting | 26 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: Tap Dance 10am: S.M.I.L.E. movement 11am: Women in the Arts Museum 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation 7pm-10 pm: Clock Repair Class | 27 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10am: Fabric Fanatics Sewing 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm- 3pm Current Events 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit | 28 8am: Men's Coffee Group 8:30am: Seniorcise 9:15/10:15am: Tai Chi- Adv/Beg 10am - Grand Slam Bridge 10:30am: Cut Coupons for Military 10:30am: BUNCO 1pm: Walk the 'Hood | 29 Check out our website www.fairfaxva.gov Calendar subject to change updates will be posted on website and at or center. |
| 31 8am: Men's Coffee Group 9:30 am: Contract/Duplicate Bridge 9:30am/10:30am: Line Dance 9:30 am: FREE Bridge Class 10am: Mah Jongg/ Chess 11am: Feldenkrais Class 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 7pm-10 pm: Clock Repair Class | | | | | ****All Potluck luncheons and Guest Speakers require advanced registration at the front desk or call (703)273-6090 |

| Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|--|---|--|
|  | 1 - April Fool's Day 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 10am-3pm: AARP Sharp Driver 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 1pm: Hospitality Committee Mtg | 2 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am-3pm: AARP Sharp Driver 10am: S.M.I.L.E. movement 11:15am: Nat'l Cathedral & Tea 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation 7pm-10pm: Clock Repair Class | 3 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit | 4 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Adv. Photography – FREE! 9:30am/10:30am: Tai Chi: Adv./Beg 10am: Grand Slam Bridge Group 10:30am: BINGO 12:30pm: April Birthdays! 1pm: Walk the 'Hood 2pm: Trip Committee Meeting | 5 |
| 7 8am: Men's Coffee Group 9:30am: Contract/Dupl. Bridge 9:30am/10:30am: Line Dance 10am: Mah Jongg/ Chess 10:30am: DAY AT THE RACES 11am: Feldenkrais Class Noon – New Neighbors Bridge 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 7pm-10pm: Clock Repair Class | 8 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball | 9 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: S.M.I.L.E. movement 10:45am: Odyssey Cruise Trip 1pm-3pm: Pickleball 1pm: MOVIE & POPCORN 2:15pm: Come Sit Meditation | 10 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:30am: Easy Strength Training 12:30pm: Marketing Committee Mtg. 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit | 11 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Adv. Photography Class 9:30am/10:30am: Tai Chi: Adv./Beg 10am: Grand Slam Bridge Group 10:30am: BUNCO 11am: Rummy 12:30pm: Corn Hole | 12 |
| 14 8am: Men's Coffee Group 8:30am May-June Trip Register 9:30am: Contract/Dupl. Bridge 9:30am/10:30am: Line Dance 10am: Mah Jongg/ Chess 11am: Feldenkrais Class 1pm: Table games 2:15pm: Chair Yoga 4pm-5:30pm: Art for Seniors 7pm-10pm: Clock Repair Class | 15 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball 2:15pm: Cooking for 1 or 2 | 16 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Forever Plaid at Riverside 10am: Pinochle 10am: S.M.I.L.E. movement 1pm-3pm: Pickleball 2:15pm: Come Sit Meditation 7pm-10pm: Clock Repair Class | 17 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:15am: Fairfax Antique Arts 10:30am: German Conversation 11:30am: Spring Pot Luck and Plant Exchange 11:30am: Easy Strength Training 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit | 18 Good Friday 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am/10:30am: Tai Chi: Adv./Beg 10am: Grand Slam Bridge Group 10:30am: BINGO 12pm: Table Games 1pm: Walk the 'Hood | 19  |
| 21 8am: Men's Coffee Group 9:30am: Contract/Dupl. Bridge 9:30am/10:30am: Line Dance 10am: Mah Jongg / Chess 11am: Feldenkrais Class 2:15pm: Chair Yoga – make-up | 22 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball | 23 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: S.M.I.L.E. movement 1pm-3pm: Pickleball | 24 8am: Men's Coffee Group 9:30am: Adv. Contract Bridge 10:30am: German Conversation 11:15am: Chocolate Tour of DC Trip 11:30am: Easy Strength Training 12:30pm: Marketing Committee 1pm-3pm: Pickleball 1pm – 4pm: Millennium Art Guild 2:15pm: Sit & Get Fit | 25 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Adv. Photography Class 9:30am/10:30am: Tai Chi: Adv./Beg 10am: Grand Slam Bridge Group 10:30am: BUNCO 11am: Rummy 12:30pm: Corn Hole | 26 |
| 28 8am: Men's Coffee Group 9:30am: Contract/Dupl. Bridge 9:30am/10:30am: Line Dance 10am: Mah Jongg / Chess 11am: Feldenkrais Class 2:15pm: Chair Yoga – make-up | 29 8am: Men's Coffee Group 8:30am: Seniorcise 9:30am: Mexican Train 10am: Canasta 10am: Military History 11:30am: Easy Strength Training 1pm: Current Events 1pm-3pm: Pickleball | 30 8am: Men's Coffee Group 8:30am: Seniorcise 10am: Pinochle 10am: S.M.I.L.E. movement 1pm-3pm: Pickleball | May 1 9:15am: Trip to Senior Luncheon and Dance at the Sheandoah Apple Blossom Festival | ****All Potluck Luncheons and Guest Speakers require advanced registration at the Front Desk or call (703)273-6090 | |

